

GEORGIA AAU PREP OPTIONAL

Effective Sept 1, 2010

Prep Beginners - USA Levels 1, 2 & 3 and AAU Levels 2 & 3

Prep 1 – USA and AAU Levels 3 & 4

Prep 2 – USA and AAU Levels 5 & 6

Prep 3 – USA and AAU Levels 6 and qualified USA Level 7 and above

Value Parts – “N” (Compulsory skills) & “A” = 0.10, (“B” = 0.30 for Prep 3.) Any “D” or “E” element Voids routine (**except for Prep 3**)

Prep Beginners; Value parts to come from any USA/AAU Compulsory Levels 1, 2 & 3 “N” skills or “A” elements

Prep 1; Value parts to come from any USA/AAU Compulsory Levels 3 & 4 “N” skills or “A” elements (**“B” gym/dance is allowed = 0.10 VP and may fulfill SR**)

- **Prep Beg and 1; NO SALTO OR AERIAL ELEMENTS WILL BE ALLOWED ON ANY EVENT.** The performance of a salto or aerial will **VOID** the routine.

Prep 2; Value parts to come from “A” or “B” elements

The following “C” elements will be exceptions to count as “B” elements and for Special Requirements for Prep 2 Bars

- **Clear Hip Circle to Handstand/ Clear Hip Circle to Handstand with ½ turn/Cast to handstand with ½ turn**

Prep 3; Value parts to come from “A” or higher elements

All Events: Special Requirements are 0.50 each

Vault: Spotting = 3.00 deduction

Beam: Prep Beg, 1 & 2 - time is 1:00 minute; Prep 3 time is 1:30

Floor: Prep Beg, 1 & 2 time is 1:10; Prep 3 time is 1:30

1.0 Deduction for “No Music” from the average – 3.0 Deduction for using Compulsory Music from the average

Warm-Up Time: Prep Beg, 1 & 2 = 1.00, Prep 3 = 1:30. Touch will be allowed for Prep 3 (only) according to USA guidelines. Prep Beg, 1 & 2 will follow the Compulsory guidelines; Prep Op 3 follows the USA Optional guidelines.

Presentation: No other compositional deductions will apply except for the below

VT; Insufficient dynamics – up to (^) 0.3

UB, BB & FX; Insufficient dynamics - ^ 0.2, Overall rhythm - ^ 0.2, Insufficient artistry of presentation - ^ 0.3 and Repetitive skill choice - ^ 0.3

Prep Beg & 1 to be judged based on Compulsory deductions, **Prep 2 & 3** to be judged based on Optional deductions

Coach on floor – 0.50 deduction for Prep 3 (ONLY) CJ deduction from average

Events	PREP OP Beginner	PREP OP 1	PREP OP 2	PREP OP 3
VAULT	AAU L-3 Vault 10.0 Start Value (AAU Level 3 deductions) Mat stack minimum 24 inches, maximum 40 inches.	AAU L- 4 Vault (Handspring over Table to flat back landing on mat stack) 10.0 Start Value (AAU Level 4 Deductions)	Allowable vaults - USAG Level 7 10.0 Start Value (Follow USAG Level 7 deductions)	Allowable Vaults: Handspring = 9.2 ½ On, ½ Off = 9.4 ½ On, 1/1 Off = 9.6 Handspring, 1/1 Off = 9.6 Tuck/Pike/LO Tsuk = 10.0 Handspring, 1 ½ = 10.0 Handspring Front Tuck = 10.0 Follow USAG Level 8 deductions
BARS	4 elements (0.10 each) Value Parts must come from USA/AAU Levels 1, 2 or 3 “N” skills or “A” elements No Special Requirements No amplitude requirements for casts • “B” element = VOIDS routine • “C” element VOIDS routine • Salto dismount VOIDS routine	5 elements (0.10 each) Value Parts must come from USA/AAU Levels 3 or 4 “N” skills or “A” elements Special Requirements: (0.50) 1. One cast 15° below horizontal – using AAU 4 casting deductions • “B” element = VOIDS routine • “C” element VOIDS routine • Salto dismount VOIDS routine	6 elements (0.10 each) “A” or “B” elements Special requirements (0.50 each) 1. 1 bar change 2. Dismount of “A” or “B” (Sole circle dismounts allowed=A) • “C” elements = 3.00 deduction (See exceptions) • Use AAU Level 5 casting deductions	Special Requirements (0.50 each) 1. Five “A” elements (0.10 each) 2. Two “B” elements (0.30 each) 3. One bar change 4. Salto Dismount • “C”, “D” or “E” elements are allowed to replace required “A” or “B” elements • Casts to achieve “B” value credit/ all angle deductions apply

Events	PREP OP Beginner	PREP OP 1	PREP OP 2	PREP OP 3
Beam	<p>5 elements (0.10 each) Value Parts must come from USA/AAU Levels 1, 2 or 3 "N" skills or "A" elements</p> <p>Special Requirements: (0.50 each)</p> <ol style="list-style-type: none"> One non-flight acro element (start and finish on beam) One leap or jump Minimum ½ turn (on one or both feet) Dismount of any jump off two feet <ul style="list-style-type: none"> "B" gymnastics element = no credit "B" acro element VOIDS routine "C" element VOIDS routine Any "salto" or "aerial" VOIDS routine 	<p>5 elements (0.10 each) Value Parts must come from USA/AAU Levels 3 or 4 "N" skills or "A" elements</p> <p>Special Requirements (0.50 each)</p> <ol style="list-style-type: none"> One non-flight acro element (start and finish on beam) Gym series (minimum of 2 elements) Minimum of ½ turn on one foot Leap or jump (minimum 90°) Dismount off the hands only. <ul style="list-style-type: none"> "B" gymnastics element allowed "B" acro element VOIDS routine "C" element VOIDS routine any "salto" or "aerial" VOIDS routine 	<p>6 elements (0.10 each) "A" or "B" elements</p> <p>Special Requirements (0.50 each)</p> <ol style="list-style-type: none"> One acro element (with or without flight, in a series or alone) Second different acro element (with or without flight, in a series or alone) NOTE: The same acro element may receive credit twice (# 1 & 2) only if performed in a directly connected acro series. Gym series – minimum of 2 elements Minimum of 1/1 turn on 1 foot Leap or Jump (min. 120° to fulfill SR) <ul style="list-style-type: none"> May be included in gym series No VP unless min of 135° "A" or "B" dismount <ul style="list-style-type: none"> Since "B" elements are not required any missing elements = 0.10 each. "C" element = 3.00 deduction 	<p>Special Requirements (0.50 each)</p> <ol style="list-style-type: none"> Five "A" elements (0.10 each) Two "B" elements (0.30 each) One acro element (with or without flight, in a series or alone) Second different acro element (with or without flight, in a series or alone) Note: The same acro element may receive credit twice (# 3 & 4) only if performed in a directly connected acro series. Gym series – minimum of 2 elements Minimum of 1/1 turn on 1 foot Leap or Jump (180° or > 135°) (May be part of Gym series) Salto dismount <ul style="list-style-type: none"> "C", "D" or "E" elements are allowed to replace required "A" or "B" elements
FLOOR	<p>5 elements (0.10 each) Value Parts must come from USA/AAU Levels 1, 2 or 3 "N" skills or "A" elements</p> <p>Special Requirements (0.50 each)</p> <ol style="list-style-type: none"> One acro series- with minimum of 2 elements One acro element with flight (may be part of acro series) Gym (dance) - Minimum of 2 different elements directly or indirectly connected) Minimum of ½ turn on one foot One front or side element (may be part of acro series) <ul style="list-style-type: none"> "B" gymnastics element = no credit "B" acro element = VOIDS routine any "C" element VOIDS routine any "salto" or "aerial" VOIDS routine 	<p>5 elements (0.10 each) Value Parts must come from USA/AAU Levels 3 or 4 "N" skills or "A" elements</p> <p>Special Requirements (0.50 each)</p> <ol style="list-style-type: none"> One acro series – minimum of 2 flight elements Gym (dance) - Minimum of 2 different elements directly or indirectly connected one of which must be a leap Minimum of 1/1 turn on 1 foot One front acro element - min. "A" (Flight or non-flight) <ul style="list-style-type: none"> "B" gymnastics element allowed "B" acro element VOIDS routine any "C" element VOIDS routine any "salto" or "aerial" VOIDS routine 	<p>6 elements (0.10 each) "A" or "B" elements</p> <p>Special Requirements (0.50 each)</p> <ol style="list-style-type: none"> One acro series with 3 flight elements Second acro series with minimum of 2 elements (1 must have flight) Salto or aerial element Gym (dance) - Minimum of 2 different elements directly or indirectly connected Minimum of 1/1 turn on 1 foot Leap from 1 foot (min. 120° for SR credit) <ul style="list-style-type: none"> May be included in gym pass No VP unless (min of 135°) 1 front acro element - minimum "A" (flight or non-flight) <ul style="list-style-type: none"> Since "B" elements are not required any missing elements = 0.10 each. "C" element = 3.00 deduction 	<p>Special Requirements (0.50 each)</p> <ol style="list-style-type: none"> Five "A" elements (0.10 each) Two "B" elements (0.30 each) One acro series with 3 flight elements, one of which a salto Second acro series with a minimum of 2 flight elements Gym (dance) – minimum of 2 different elements directly or indirectly connected one of which must be a leap Minimum of "B" turn on 1 foot Leap from 1 foot (180° or > 135°) (may be part of Gym pass) One forward salto or aerial element (may be part of acro series) <ul style="list-style-type: none"> "C", "D" or "E" elements are allowed to replace required "A" or "B" elements